



SEATTLE PARKS  
AND RECREATION

Spring 2003

# Alki

## Community Center



**Program Registration** March 17th  
**Program Dates** April 14th–June 22nd  
**Holiday Closures** Memorial Day, May 26th

**Alki Community Center**  
5817 SW Stevens, (206) 684-7430

**Alki Bathhouse**  
2701 Alki Avenue SW  
[cityofseattle.net](http://cityofseattle.net)

# Alki Community Center

## Hours of Operation

**Mon, Wed, Fri** 11:00a.m. – 9:00p.m.  
**Tues, Thurs** 1:00p.m. – 9:00p.m.  
**Friday** 12:00p.m. – 9:00p.m.

## Program Registration

Begins March 17th

## Program Dates

April 14th – June 22nd

## Holiday Closures

Memorial Day, May 26th

## Advisory Council

The Alki Community Center invites you and your family to enjoy recreational opportunities provided at Alki Community Center. If you would like to be involved in the development, implementation and operation of these programs, you are invited to join the Advisory Council. Meetings are held at 7:00pm on the fourth Wednesday of each month. For more information call the center at 206-684-7430.

## Officers

Will Winter, President  
 Alison Power, Secretary  
 Jackie Ramels, ARC President

## Members

Selma Berger, Member  
 Sharon Acklund, Member  
 Mary Vigilante, Member  
 Wayne, Member  
 Ruth Monnell, Member  
 Amy Garcia, Member

## Professional Staff

Ken Bounds, *Superintendent*  
 Christopher Williams, *Operations Director*  
 Katie Gray, *Recreation Manager*  
 Antoinette Daniel, *Recreation Coordinator*  
 Ken Davis, *Asst. Recreation Coord.*  
 Idris Beauregard, *Teen Development Leader*  
 Chris Gilchrest, *Recreation Attendant*  
 Semere Melake, *Recreation Attendant*  
 Rachel Wander, *Childcare Director*  
 Jaybe Beaver, *General Laborer*

## Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate and build community.

## Antidiscrimination Policy

As a matter of policy, law and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin or the presence of any sensory, mental or physical handicap.

## ADA Compliance

We will make reasonable accommodation, upon request, for persons with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-684-7430 or 206-684-4950/TDD. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

## Rentals

Alki Community Center is available most weekends and during non-program hours for wedding receptions, family reunions, birthday parties or special events. The Center also has classrooms, a gymnasium and a kitchen. A limited number of tables and chairs are available at no extra charge. The Center also has an outdoor play area for children, softball fields, soccer fields and open space for social functions. Please take a peek at these facilities either before or after booking your reservation to make sure they suit your needs. For more information about fees and times or to arrange a rental call 684-7430.

## Payment

You may pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, Mastercard and American Express. Please make checks and money orders out to Alki Advisory Council. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20.00 fee.

## Fees And Charges

The Alki Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of \$1 per class, \$1.50 per workshop, and \$1.30 per participant in each athletic game, paid to Seattle Parks and Recreation to defray operating costs. People 60 years and older are not charged these user fees unless there is a stated senior fee for a particular class. Class and program fees include Washington State sales tax where applicable.

## Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Any person who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge. \$10.00 or 10% of the fee, whichever is greater, will be retained.
- Any person who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy for specific information.

## Mail-In Begins March 17

1. Completely fill out the registration form. Please note that incomplete forms cannot be processed, and that the hold harmless agreement must be signed.
2. Mail completed form with payment to: (please do not send cash). Alki Community Center, 5817 SW Stevens, Seattle, WA 98116. Make check payable to: Alki Advisory Council
3. One family per form. Photocopies are accepted.
4. A receipt/confirmation notice will be mailed to you. If a class is full we will put you on a waiting list and call.

## Walk-In Begins March 31

1. Walk-in registration is subject to class availability.
2. Register at the Alki Community Center located at 5817 SW Stevens (adjacent to the Alki Elementary School). After a program starts, please call the Alki Community Center to see if registration will still be accepted.

## Phone-In Begins March 31

(206) 684-7430 – FAX (206) 938-9549

Email – AlkiC.C.@ci.seattle.wa.us

1. Register by telephone using your VISA or MASTERCARD.



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## KIDS

### Arts: Visual/Crafts

#### Adult/Child Pottery

**All Ages \$95 per Pair/\$45 per extra child**

A class for any adult with a child. We will work on fun and exciting projects appropriate for any age.

**2 —6 week Sessions**

**Instructor: Frances Gifford**

**Session One:**

**Mondays 6p.m.–7p.m. Mon, April 14–Mon, June 16, 2003**

**Session Two:**

**Mondays 6p.m.–7p.m. Mon, June 2–Mon, July 7, 2003**

**Location: Alki Bathhouse**

#### Cartooning

**8 to 12 years old \$55 (supplies included)**

Don't just dream it, draw it! Students will learn the basics of comic strip drawing and storytelling, including story structure and shading with inks, from a working professional in the field. The final

project is an actual published comic book.

**Instructor: Greg Hatcher**

**Tuesdays 5p.m.–6p.m. Tue, April 15–Tue, June 17, 2003**

**Location: Alki Bathhouse**

#### Kids Club Pottery

**6 to 12 years \$65 for 6 weeks**

Youth will focus on learning the basics of clay then we will let their imaginations run with it. Working with hand building techniques, they will learn how to build with clay, making their favorite animals or monsters, boxes, pinch pots, and more.

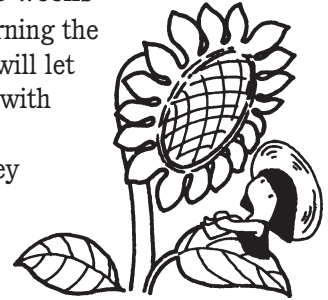
**Instructor: Frances Gifford**

**Mondays 4:30p.m.–5:30p.m.**

**Session One: Mon, April 14–Mon, May 19, 2003**

**Session Two: Mon, June 2–Mon, July 7, 2003**

**Location: Alki Bathhouse**



#### Paint Your Heart Out

**6 to 9 \$65 5 Weeks (\$10 supply fee)**

Kids will work with tempera paints and learn the basic of line, shape, form, color, and fun. Dress to mess!

**Instructor: Jennifer Jennings**

**Wednesdays 4:30p.m.–5:30p.m.**

**Session One: Wed, April 16–Wed, May 14, 2003**

**Session Two: Wed, May 21–Wed, June 18, 2003**

**Location: Alki Bathhouse**

### TODDLERS: KIDDIE GYM

#### Playspace & Other Drop In Activities

#### Parent/Child Hang Out Time

**5 and under with Parent \$25 /20 visits**

Get out of the house, join parents and children for a brand new drop-in Hang Out Time program where you can make new friends, get out of the rain and have some fun with your child. PARENTS MUST SUPERVISE THEIR CHILDREN AT ALL TIMES!

**Instructor: PARENTS SUPERVISE**

**MTWT10a.m.–2p.m. Mon, April 14–Fri, June 20, 2003**

**Location: Multipurpose Room**



## Athletics

### Youth Softball

**10 to 17 years old \$45**

Come and participate in the Alki Community Centers recreational Girls Softball leagues. Ages 10–11, 12–13, 14–17. This is a program that focuses on positive experiences during practices and games, as well as learning the fundamentals. Emphasis will be placed on good sports personship. Parent Permission slip required.

**Instructor: Jill Patterson**

**Call for details on Time & Dates**

**Location: Alki Field**

## Performing Arts & Dance

### Children's Ballet & Creative Dance

**4 to 10 year olds \$40 5 Weeks**

Kids will get to experiment with movement while listening to great classical music that easily encourages the imagination and the spontaneity of this age group. Our goal for the children to feel supported, comfortable, and free to explore their ideas about what a dance can be. This class is great for building self-esteem and confidence in a group. The basic of ballet will develop strength, coordination, flexibility and alignment, in an atmosphere of play and creativity.

**Instructor: Sandra Dobra**

**Tuesdays 6p.m.–6:45p.m.**

**Session One: Tue, April 15–Tue, May 13, 2003**

**Session Two: Tue, May 20–Tue, June 17, 2003**

**Location: Multipurpose Room**

## Other

### Play Club

**3 to 5 years old (Must be Potty to Trained)**

**Variable Monthly Fee Based**

The Play Club focuses on fun and exciting ways for children to interact with other children. Activities will include music, art, crafts, games, creative play, story time, and an introduction to the phonetic ABCs. This is an excellent place to prepare your child for kindergarten. Register soon because the maximum number of children we can accept is 8.

**Instructor: Michelle Caoile**

**MTWT 10a.m.–2p.m.**

**Location: Kid Care Room**

## Out of School Care/ Camps

### AM/PM Child Care Program

**5 to 11 years old Variable monthly fee**

The Before and After School Program offers social, physical and intellectual activities that are fun for children. Alki's experienced staff offer quality supervision while smoothly blending in culture, crafts, homework time, athletics and field trips. Registration is ongoing.

**Instructor: Jill Patterson Staff: Dirk, Chris, Tanya, Semere, Marlo, and Whitney**

**MTWTF Wed, September 4–Fri, June 20, 2003**

**Location: Multipurpose Rm, Kid Care Room**

### Spring Break Camp

**5 to 11 years old \$120 per week**

This fun camp for kids ages 5–11 will feature arts and crafts, sports, games, field trips, swimming and more.

**Instructor: Director: Jill Patterson Staff: Dirk, Chris, Tanya, Semere, Marlo and Whitney**

**MTWTF 6:45a.m.–6:30p.m.**

**Mon, April 7–Mon, April 14, 2003**

**Location: Multipurpose, Kid Care Room, Gym**

## YOUTH/TEENS

### Arts: Visual/Crafts

#### Beginning Drawing

**10 to 14 years old \$55 per 8 wk session (Supplies included).**

We may not make you a great artist, but we'll make you a better one! Students will learn the basics of perspective, composition, light and shadow, and color relationships, working with charcoal, crayon, oil pastel and inks.

**Instructor: Greg Hatcher**

**Thursdays 5p.m.–6p.m.**

**Thu, April 17–Thu, June 5, 2003**

**Location: Alki Bathhouse**

### Clubs

#### Teen Advisory Council

**11 to 16 years old Free**

Come and be heard. Help plan, develop, and implement programs, projects, and Special Events. This is a perfect opportunity to gain high school service learning hours and build great skills for your college resume. **Meetings are held the second and forth Wednesday of each month, from 5:30p.m. – 7p.m.**

**Instructor: Idris Beauregard**

**Location: Multipurpose Room**

### Other

#### Alki Young Heroes

**11 to 14 years old Free**

In partnership with City Year Americorps, this teen program is open to all middle school aged teens. Young heroes work in teams to learn about critical issues in their communities. Come join and release the power of youth.

**Instructor: Idris Beauregard**

**Saturdays Sat, April 19–Sat, June 21, 2003**

**Location: Multipurpose Room**

#### Come Learn How to Rock the Party

**12 to 18 years old \$2.00**

Learn the basics of being a disc jockey. You will learn how to mix and scratch on the ones and two's. Come make new friends and enjoy new music.

**Instructor: Idris Bequiregard**

**Tuesdays 4p.m.–6p.m.**

**Tue, April 15**

**Location: Multipurpose Room**

#### Middle School Dance \$4.00

Go Head & party likes it's your birthday! Come kick it at Alki's Teen Middle School dance. Middle School I.D.

**Instructor: Idris Beauregard**

**One Time Event 8p.m.–11p.m. Sat, April 26**

**Location: Alki**

#### Pool & Ping Pong

**All Ages Free**

Eight ball, corner pocket! Come and hone your eye-hand coordination skills. Come and challenge your friends to pool and Ping-Pong.

**Dates and times as noted 6p.m.–9p.m.**

**Location: Multipurpose, Lobby**

### Performing Arts & Dance

#### "Move IT" Modern Jazz Dance

**11 to 14 years old \$65**

Exciting upbeat dance class for teens and preteens! Learn an expressive dance style in a fun environment with a teacher who emphasizes musicality, feeling, stage presence and solid technique. Parents: Injury prevention will be a focus of the class. The Teacher has 15 plus years training in ballet, jazz and modern dance, extensive experience teaching and performing, and has won an award for choreography.

**Instructor: Charlotte Vanderwolf**

**Mondays 6p.m.–7p.m.**

**Mon, April 14–Wed, May 14, 2003**

**Location: Multipurpose Room**

## YOUTH/TEENS

### Girls Acting Class

**Free**

Do you want to be a star? If you ever thought about becoming an actress than now is your opportunity. This free class will coach young ladies on acting styles and skills, along with other useful tips that will help you in your quest.

**4p.m.-6p.m. Fri, March 7**

**Location: Alki**

### Teen Splash

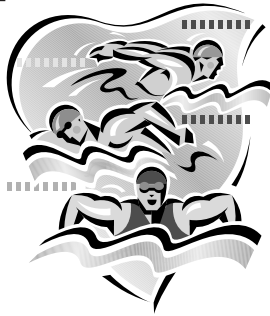
**12 to 18**

Come meet at Alki and go with other teens to swim and play at the Parks local indoor pools. Lifeguards will be on duty, and fun will be in effect. First & Third Mondays.

**Mondays 4:30p.m.-8:30p.m.**

**Mon, April 14**

**Location: Alki CC/Offsite**



### Special Events/ Overnights

#### Teen Flashlight Hunt

**11 to 16 Free**

Alki and Hiawatha Community Center will be having their Annual Teen Hunt April 18, 2003, 8:30pm, at Alki Community Center. Hunt for Candy, Chips, CD's, Gift Certificates, & more. Bring your own Flashlight and Bag. Ages 11-16.

**Instructor: Idris Beauregard**

**8:30p.m. Fri, April 18**

**Location: Alki Field**

## ADULTS

### Aerobics/Fitness

#### Yoga

**Adults \$50 per session (5 weeks)**

**Drop in-one class \$13**

Increased Body Awareness, greater freedom of movement, mental clarity, and the ability to relax are all benefits of yoga. In this class, we will build a balance of strength and flexibility. We will explore physical postures and stretching, breathing exercises, and an introduction to meditation. Some previous yoga experience is helpful, though not required. Bring a wool blanket or a large towel, as well as comfortable clothes you can move in. Expect to get your heart rate up!

**Instructor: Erin**

**Tuesdays 7:05a.m.-8:20p.m.**

**Tue,**

**April 15-Tue, May 13, 2003**

**Location: Multipurpose Room**

### Arts: Visual/Crafts

#### Pastel Art Class

**Instructor: Doris Hays**

For beginners or more advanced. This class will be taught by professional artist Doris Hays with 35 years of experience working with pastel. She paints a variety of subjects; animals, stilllife, landscape, seascape, flowers and portraits.



## ADULTS

During a 2 1/2 hour class she will do a 45 minute demonstration you will learn about the pastel supplies during first class.

**April 14 – May 20, Mon. 1:30–4p.m. & 6–8p.m.**

**Cost: \$75 Location: Alki Bathhouse.**

## Basic Pottery

**Adults \$150**

In this class, learn simple techniques in hand building pottery. The wheel and extruder are also introduced. Learn how to manipulate clay to create unique pieces with your own special designs and touches. Experiment with slips and glazes. Come to class and have fun. Open Studio time included.

**Instructor: Frances Gifford**

**Mondays 7p.m.–9p.m.**

**Session One: April 14–Mon, May 19, 2003**

**Session Two: June 2–July 7, 2003**

**Location: Alki Bathhouse**

## Beginning Drawing

**Adults and Seniors \$70**

We may not make you a great artist, but we'll make you a better one! Students will learn the basics of perspective, composition, light and shadow, and color relationships, working with charcoal, crayon oil pastel and inks.

**Instructor: Greg Hatcher**

**Saturdays 11a.m.–12:30a.m. Sat, April 19–Sat, June 7, 2003**

**Location: Alki Bathhouse**

## Wheel Class

**Adults \$150**

Come join the fun on the beach. Learn something new and make gifts for all occasions. Whether you have some experience or just want to try it, wheel throwing is fun and easy using Dana's time proven methods of instruction. Dana has been teaching in the Seattle area for almost 20 years. Come join the fun and take home some artwork that you made. Includes open studio time. Class maximum is 8.

**Instructor: Dana Saunderson**

**Tuesdays 6p.m.–8p.m.**

**Tue, April 15–Tue, May 20, 2003**

**Facility: Alki Community Center Alki Bathhouse**

## Surviving Watercolors on Aki Beach

**Bryan Briscoe, Watercolor Painting**

In this beginning watercolor class we will have fun focusing on four watercolor techniques. They will give you confidence to tackle watercolor painting with a new sense of excitement. Your watercolors will evolve to become more vibrant and alive. After exploring these techniques we'll put them to work for you on your final watercolor painting. *This is a fun class. Let's have fun on Alki Beach. "Bring in something you are passionate about for your final painting!"*

**\*Materials not included in class fee**

*(Class supply list available at the Alki Community Center)*

**Dates: April 15<sup>th</sup> – June 3<sup>rd</sup> (8 weeks)**

**Day & Time: Tuesday 6:30–8:30pm**

**Cost: \$65.00**

**Location: Alki Community Center's Beach Bathhouse Art Center, on Alki Beach**

## Experimental Watercolors on Aki Beach

**Instructor: Bryan Briscoe, Watercolor Painting**

In this intermediate level watercolor class we will explore exciting watercolor techniques. We will focus on basic and advanced watercolor techniques that will give your paintings the depth and presence they deserve. Then we'll apply these techniques on cold press and hot press watercolor papers. *This is a fun and messy splashy class. Let's have fun on Alki Beach.*

**No watercolor painting prerequisite required.**

\*\*\*Bring in something you are passionate about for your final original watercolor painting

*(Class supply list available at the Alki Community Center)*

**Dates: April 17 - June 5 (8 weeks)**

**Day & Time: Thursday 6:30–8:30pm**

**Cost: \$65.00 (Materials not included in class fee)**



## SPECIAL EVENTS

### Earth Day Work Party

**Location: Weather Watch Park, Constellation Park**

Celebrate this week with small work parties at parks throughout Alki. Cleanup and weeding skills are needed from 9:00pm - 12:00pm. Please call Tony Fragada (206) 935-7727 at Alki Community Council to coordinate work efforts. It should be a great day for the Earth and ourselves.

**April 12, 2003 Weatherwatch Park, 9-12pm.**

**April 27, 2003 Constellation Park, 9-12pm**

**Contact: Tony Fragada**

### Spring Egg Hunt

**0 to 11 years old Free**

Boys and girls age 0-11 will have a great time at the Spring Egg Hunt. Search for Chocolate eggs, candy and prizes. The hunt will begin at 10a.m. Please come early to find the proper age group hunting area. Call #684-7430 if you are interested in Volunteering.

**One Time Event 10a.m.-**

**11a.m. Sat, April 19**

**Location: Alki Field**



### Alki Art Fair

We are starting to plan for the Alki Art Fair, which takes place on July 12-13, 2003. The Art Fair is a special event where you can purchase fine arts and crafts produced by local artists, or show and sell your own art. There will be jewelry, pottery, painting, metal work, fountains, candles, food and much more. For the kids, there will be face painting, games and crafts. If you are interested in being a vendor or helping on the committee, please call Alki Community Center at 684-7430.



**Contact: Ken Davis**

**Sat, July 12-Sun, July 13, 2003**

**Location: Alki Beach**

## ALL AGES



### Friday Night Family Skating

**All Ages \$2.00 per skater /Skates included**

An event for all ages and all abilities! This is a great time to practice your skills and tricks while experiencing a roller rink atmosphere. You can always look forward to the limbo, friendly racing and the snack bar. If you don't have your own skates you can borrow a pair of ours! Every Friday Night!!!

**Fridays 6:45p.m.-8:45p.m.**

**Sat, September 13-Fri, June 13, 2003**

**Location: Alki Gym**

# SENIOR ADULTS AT ALKI

## Sr Adult — Registration Information

### Classes / Special Events

Mary Dalzell, Recreation Specialist

(206) 684-4115

(Note: After 2:00 pm call 684-7438)

**Spring Quarter Dates:** April 7 – June 20

**No Classes:** May 26

**Mail 'All' Checks To:** Sr. Programs, Attn:

Mary, Southwest CC, 2801 SW Thistle,  
Seattle-98126

**SW Class Registration:** Class registrations  
begin March 17th at 9am by calling 684-  
4115.

**All Class Payments:** checks payable to:  
"Senior Adult Advisory Council", and mail  
to: SW Community Center, Sr. Programs,  
Att: Mary 2801 SW Thistle – 98126.

3rd Thursday each month at the SW Library ( 4/  
17, 5/15, 6/19 )

## Computer Class Free

Westwood Heights computer lab is open to the  
public. To register, call 932-6942, ext. 16. The  
following classes are offered:

### Jump Start to Internet – Beginners – 6 sessions

Mon/Wed/Fri 10:00–11:00 am

### E-Mail & Cruise the Web:

Tues/Thurs 4:00–5:00pm

### Greeting Card Creations

Make cards for 5¢ each 5:00–6:00 pm

### Open Access:

Mon/Wed/Fri/Sat 11:00 am – 2:00 pm

Tues 9:00–11:00 am and 5:00–8:00 pm

Thurs 5:00–8:00 pm

Westwood Heights is located across the street  
from the Roxbury Safeway.

## Basic Pottery

### Adults, Seniors \$150

In this class, learn simple techniques in hand  
building pottery. The wheel and extruder are also  
introduced. Learn how to manipulate clay to  
create unique pieces with your own special designs  
and touches. Experiment with slips and glazes.  
Come to class and have fun. Open Studio time  
included.

**Instructor:** Frances Gifford

**Session One:** Thursdays 1:30p.m.–3:30p.m. Thu,  
April 17–Thu, May 22, 2003

**Session Two:** Thursdays 1:30p.m.–3:30p.m. Thu,  
June 5–Thu, July 10, 2003

**Location:** Alki Bathhouse

## Fitness For Life

### \$18–1 day wk/\$36–2 days

A head to toe workout using dyna bands, sticks,  
weights – bring small weights to class.

**Mon / Wed 10:00–11:00 am Alki**

The Seattle Public Library provides books to our  
groups free of charge. We all read the same book  
and in one month meet as a group to discuss the  
book we have read. Please call Mary, 684-4115, if  
you need further information. Meets at 1:00 pm the

## Talent Show Donation

So popular the first time, we'll do it again! An  
event not to be missed. Call Mary, 684-4115, to  
register your talent. This performance will be held  
at the West Seattle Senior Center. Call the Senior  
Center to register for lunch, 932-4044.

**April 23 11:30–1:30 pm W. Seattle Sr. Ctr**

## Dance Capers \$5.00

West Seattle Senior Center presents tap dancers,  
specialty acts of Hawaiian, Charleston, and more.  
Ginny Tyler, former Mouseketeer, will MC. Event  
will be held at Arts West Playhouse. Call 932-  
4044 for tickets.

May 18 2:00 pm Arts West Playhouse

## Informal Information Free

A participant from FEMA, Federal Emergency  
Management Administration, will answer  
questions about her experiences. She has  
responded to our nations disasters at 9/11 in New



## SENIOR ADULTS AT ALKI

York, hurricane in Guam, and flooding in Minnestoa to name just a few places.

June 4 11:00 am Alki

### South West Trips

#### Sw Trip Registration Information

*\*Payment must be received 5 working days PRIOR to departure.*

#### *\*Make Checks Payable To:*

Senior Adult Advisory Council

*\*Mail Checks To: Senior Programs, Att: Mary, 2801 SW Thistle, Seattle – 98126*

**NOTE:** Trip times/costs/destinations are subject to change.

**Trip Registration:** Register by calling 684-4115 on the *date and time* listed under each trip.

#### **Pick-up Sites:**

Southwest CC (SWCC) 2801 SW Thistle  
Hiawatha (HCC) South parking lot of Safeway on California Ave. SW Please don't park in the Safeway Parking Lot  
Registrations Begin As Listed

#### **Tulips, Tulips, Tulips \$6.50**

Fields and fields of beautiful flowers with time for lunch, on your own, and looking in LaConner.

**Registration begins March 25th, 9:00 am.**

April 10 9:00-4:00 pm

#### **Pt. Defiance Zoo & Aquarium \$4.50**

This 29 acre zoo is large enough to offer an awesome array of animals, yet small enough to let you really close to them. Lunch & zoo admission on your own. **Registration begins April 8, 9:00 am.**

April 24 9:30 am-3:00 pm

#### **Husky Women's Softball Game \$2.50**

The UW women are convinced this is their best team in years. They take on powerhouse UCLA, who also has trips to the college world series. Should be a great game. Tickets on your own, \$6.00 reserved / \$3.00 general admission.

**Registration begins April 15, 9 am.**

April 30 11:45-4:30 pm

#### **Kirkland Kick-about \$4.50**

Kirkland's historic downtown has the vibrant feel of an urban village. Art galleries, shops, parks, public art sculptures, and much more await you. Lunch on your own. **Registration begins May 6th, 9 am.**

May 22 9:30-3:00pm

#### **Crab Cruise \$55.00**

Board the Viking Star for a narrated scenic cruise and all-you-can-eat crab lunch, chicken may be substituted. Gratuity not included. Sorry, no scholarships available.

**Registration begins April 22, 9:00 am.**

May 8 9:00-5:30 pm

#### **Rubber Stamp Festival \$4.50**

The Washington Art & Rubber Stamp Festival will be held at the Puyallup Fairgrounds. Free classes, demo's, stamp art exhibit, creative stamping accessories & more. \$6.00 entry fee and lunch on your own. Registration begins April 29, 9:00 am.

May 17 9:30-3:00 pm

#### **Pt. Angeles \$9.00**

A scenic drive over to the peninsula. We'll stop in Sequim and then on to Pt. Angeles to see what await us. Lunch on your own. **Registration begins May 13, 9 am.**

May 29 8:30-5:00 pm

#### **Heronswood \$9.00**

Guided tour of this private garden. You may shop for rare plants or just stroll through the colorful foliage. Lunch and time on your own in Poulsbo. Ferry fees included, but \$1.00 tour fee of garden and lunch on your own. **Registration begins May 20th, 9am.**

June 5 8:15-4:00 pm

#### **Tacoma Interurban Tour \$2.50**

A 4-hour tour retracing the route of the Tacoma Interurban will be conducted by Metro on their historical motor coaches. Stops for lunch and pictures. There is a \$4.00 fee due to Metro at time of board. Lunch on your own. **Registration is May 27, 9:00 am.**

June 14 9:30-3:00 pm





*Jill and Sammy having a great time.*



Through the 2000 ProParks Levy, the citizens of Seattle voted to provide funding for **FREE** swimming lessons for all **3<sup>rd</sup> and 4<sup>th</sup>** grade students enrolled in **Seattle Public Schools**. The **FREE** swim lesson program is available for the first time beginner as well as the more advanced swimmer.

For "Learn to Swim" information,  
please call your local  
Seattle Parks and Recreation swimming pool  
Or visit the web  
[www.cityofseattle.net/parks/aquatics/learntoswim.htm](http://www.cityofseattle.net/parks/aquatics/learntoswim.htm)



**ENVIRONMENTAL STEWARDSHIP**

**Earth Day • 2003**



Tuesday April 22nd is Earth Day!

Seattle Parks and Recreation is celebrating Earth Day in many ways in every corner of our great city. Here are just some of the ways you and your family can enjoy this month long holiday (April) at Parks:

- Magnuson Park habitat enhancement work parties,
- Alki Beach guided beach walk,
- Interlaken Park forest restoration work parties,
- Carkeek Park/Pipers Creek Earth Day Festival
- South Park's Annual Community Clean-up,
- Discovery Park's wildlife and urban nature programs.

To learn more about:

- Numerous volunteer efforts near your home,
- Environmental education walks and classes,
- Children, teen, or senior events, and
- Seattle Parks' stewardship work everyday...

Call: Adam Cole, 733-9701, [adam.cole@seattle.gov](mailto:adam.cole@seattle.gov)  
*See you soon!*

Centennial Events

Call Kari at 332-9915  
[Seattle2003@olmsted.org](mailto:Seattle2003@olmsted.org)

Seattle Parks, Friends of Seattle's Olmsted Parks, and over 50 other community organizations are celebrating the 100-year anniversary of the Olmsted Park Plan for our great city.

Join a

centennial event in your neighborhood. Meet fellow citizens of Seattle caring for open space and creating community.

For more info on Olmsted Parks, please call 206/684-8020, or visit [www.cityofseattle.net/parks](http://www.cityofseattle.net/parks)



by Friends of Alki Bathhouse

The design has created a bathhouse that will enhance the current building while providing a quality space for community functions. With enormous support from the community, spaces will be dedicated for the art and pottery programs while providing multi-purpose space. The art and pottery studios are provided with their own entry, new windows, and overhead doors for exterior access. Each of the studios are 423 square feet and the multi-purpose space is approximately 1500



Thank you,  
*Friends of Alki Bathhouse*

# SOUTHWEST POOL AQUATIC FITNESS PROGRAMS

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## ADULT SWIM

A recreational swim period for adults 19 and over. Fast, medium, and easy lanes available for fitness swimming.

*(All lanes in during busy sessions.)*

M - F	Noon - 1:30 PM
M & W	8:30 - 9:30 PM
Saturday	Noon – 1:00 PM
Sunday	11:00 AM - 12:30PM

## LAP SWIM

This program is designed for the serious swimmer, and those who want to work on conditioning. Fast, medium, and easy lanes are available.

M & W & F	6:00 – 7:30 AM
M & W & F	3:00 – 4:00 PM
M & W	5:00 – 6:30 PM
T & Th	5:00 – 6:00 PM
Friday	5:30 – 7:00 PM
Sunday	5:00 – 6:00 PM

## PUBLIC SWIM

A recreational swim period for all ages. You may bring your clean masks, fins and snorkels, life preservers into the water

Monday – Thursday	7:30 – 8:30 PM
(Monday and Wednesday are shallow end only)	
Friday	4:00 – 5:30 PM (\$1.00)
Saturday	1:00 – 2:00 PM
Sunday	4:00 – 5:00 PM

## FAMILY FLOAT SWIM

The family float swim is a recreational time for the family. A parent/ guardian must accompany youth under 18 years of age.

Friday	1:30-2:30PM, 7:00-8:00PM
Sunday	2:00-3:00PM

## SENIOR ADULT WATER EXERCISE

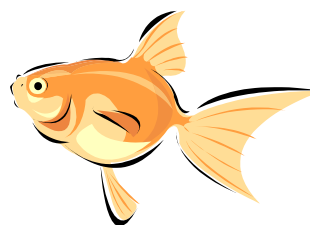
Shallow end senior adult water exercise provides a recreational as well as a therapeutic time for seniors. Participants can expect increase strength and flexibility while improving the cardiovascular system. No swimming ability required.

T & Th	1:30 - 2:30 PM	\$2.25
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## ADULT WATER AEROBICS

Shallow end water aerobics is a workout consisting of warm-up, stretching, 30-minutes of aerobic activity, and cool down. No swimming ability required.

T & Th	8:30 - 9:30 PM	\$3.25
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## HYDRO-FIT

Hydro-Fit is a deep water, low-impact, adult water exercise program that can efficiently work the whole cardiovascular system. The use of specially designed buoyancy and resistance apparatus provide a demanding workout for the legs, as well as the upper body. Some deep water swimming ability required.

M & W	7:30 - 8:15 PM	\$3.25
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## MASTERS WORKOUT

An experienced coach supervises an interval workout of 2500 yards or more. Different lanes for different abilities. Stroke work and helpful tips will be offered during this time.

Mon & Wed	5:30-6:30 PM
Friday	6:00-7:00 PM
Cost	\$3.75 Adults

**Southwest Pool offers a comprehensive swim lesson program.  
Call 206-684-7440 for class information and registration dates.**

# SOUTHWEST POOL DAILY SCHEDULE SPRING 2003

## MONDAYS AND WEDNESDAYS

6:00-7:30 AM*	Early Morning Lap Swim
12:00-1:30 PM	Adult/Senior Adult Swim
3:00-4:00***	Lap Swim
4:00-5:00	Swim Lessons
5:00-6:30	Lap Swim
5:30-6:30	Masters Workout
6:30-7:30	Swim Lessons
7:30-8:15	Hydro-Fit Water Exercise
7:30-8:30	Public Swim ( <i>shallow end</i> )
8:30-9:30	Adult Swim

## TUESDAYS AND THURSDAYS

12:00-1:30 PM	Adult/Senior Adult Swim
1:30-2:30	Senior Adult Water Exercise
2:45-3:45***	Middle School Program
4:00-5:00	YMCA Swim Team
4:30-5:00**	Competitive Stroke Class
5:00-6:00**	Lap Swim
6:00-7:30	Swim Lessons
7:30-8:30	Public Swim
8:30-9:15	Hydro-Fit
8:30-9:30	Adult Water Aerobics

## FRIDAYS

6:00-7:30 AM*	Early Morning Lap Swim
12:00-1:30 PM	Adult/Senior Adult Swim
1:30-2:30	Family Swim
3:00-4:00***	Lap Swim
4:00-5:30**	\$1.00 Public Swim
5:30-7:00	Lap Swim
6:00-7:00	Masters Workout
7:00-8:00	Family Swim
8:00-10:00 PM	Rentals (call to schedule)

## SATURDAY

10:00-11:00 AM	Youth Swim and Fitness
11:00-12:00 PM	Swim Lessons
12:00-1:00	Adult/Senior Adult Swim
1:00-2:00	Public Swim
2:30-10:00 PM	Rentals (call to schedule)

## SUNDAYS

11:00-12:30 PM	Adult/Senior Adult Swim
12:30-2:00	Swim Lessons
2:00-3:00	Family Swim
3:00-4:00	Special Pops Lessons
4:00-5:00	Public Swim
5:00-6:00	Lap Swim
6:30-10:00 PM	Rentals (call to schedule)

## 2003 FEES

### **Recreation Swimming**

Youth (1-18)	\$2.50
Adult (19-64)	\$3.25
Senior Adult (65 & over)	\$2.50
Special Populations	\$2.50

### **Fitness**

Non-Rec. Spa, Weights, Sauna use	\$3.25
Masters/Water Aerobics/ Hydro-Fit/Aqua Jogging	\$3.75
Senior Adult Water Exercise	\$2.50
Spa in addition to admission	.50
Showers	\$2.00
Recreation Admission Ticket	\$20.00
Fitness Admission ticket	\$30.00

## POOL CLOSED

Memorial Day 5/26

\*Admission by swim ticket only

\*\*programs cancelled due to swim meet on:

1/7, 1/10, 1/14, 1/24, 1/28

\*\*\*Lap Swim resumes 2/24/03, ASAP resumes  
2/25/03

For a complete Southwest Pool schedule please call (206) 684-7440.  
Southwest Community Center and Pool is located at 2801 SW Thistle



# Alki Community Center Registration

REGISTRATION FORM:										Mail to Alki Community Center										5817 SW Stevens										Seattle, WA 98116																													
Adult Name																				Day Phone:																																							
Address																				Evening Phone																																							
City										Zip Code										Emergency Phone																																							
Activity Title										Fee										Participant's name										D.O.B.										M/F										Shirt Size									
(Checks Payable to Alki Advisory Council)																																																											
										Total \$																																																	
Visa or Mastercard #																				I, the undersigned parent/guardian assume all risks and hazards incidental to participating in the activity and do hereby waive, release, absolve, indemnify and agree and hold harmless the City of Seattle, Seattle Public Schools, their supervisors, participants and instructors for any claim arising out of any injury to myself/child. I grant full permission to use any photograph, videotapes, motion picture, recording or any other record of this program for promotion of the Seattle Department of Parks and Recreation. Parent/guardian signature required for all participants under 18 years of age.																																							
Expiration Date																																																											
										Signature																				Date																													